

SEYMOUR



FEB 2021

explore more with 4 FSS

MARDI GRAS

- FLOAT CONTEST
- DUELING PIANOS

FORT FISHER

- WINTER SPECIALS
- FUN GETAWAYS

VIRTUAL FUN FOR ALL

AF ART CONTEST
EVERYTHING YOU NEED TO KNOW BEFORE MARCH

FITNESS

- CHALLENGES

TICKETS & TRIPS



Limited time offer

EXTENDED BY POPULAR DEMAND THRU MARCH 31



RV SPECIAL

HAPPY Campers

STAY 6 NIGHTS
GET 7TH FREE

Regular rates apply

COTTAGE SPECIAL

Cottage LIFE

STAY 6 NIGHTS
GET 7TH FREE


1 bedroom	\$70/night
3 bedroom	\$100/night
4-bedroom	\$150/night



Fort Fisher

AIR FORCE RECREATION AREA

910.500.6465

sjfs.com/fort-fisher/  [/fortfisher](https://www.facebook.com/fortfisher)

JOIN THE TURTLE CIRCLE

Book 2 or more consecutive nights, receive a Turtle Circle card. Circle back to the Fort for another 2-night stay, get another punch. (1 punch per visit.) Collect 3 punches, get a free night on the next stay!

Contents

Sports & Fitness	2
Rush to the Gold Fun Run	3
Freedom Passes	4
Fort Fisher	5
Virtual Fun	6
Contests	7
Movie Schedule	7
Entertainment	8
Mardi Gras	8
Family	12
Early Learning Matters	14
Food & Beverages	15
FSS Facilities Map	16

NOTICE:

Scheduled events are subject to change without notice.

Please refer to the **FSS Events** calendar on our website (sjfss.com) and follow our Facebook pages for updates.

Stevie's Snippets

LET THE GOOD TIMES ROLL!

Channel your inner grease monkey at Auto Hobby

Do you enjoy tinkering on vehicles? Want to learn how to properly maintain one yourself? Auto Hobby has the lifts, the tools and the knowledgeable staff to get you rolling. Call Opie or Carlton at 919-722-1309 to check availability; limited occupancy to slow the spread.

Fat Tuesday on a Friday ... that's how we roll!

In true "4th but First" fashion, we are leading the way and celebrating Mardi Gras a few days early on Feb 12 with a family-friendly event behind Eagles Landing! See ad on page 8 for details. I challenge base squadrons, units and private organizations to get your krewe and ideas together for a friendly float competition and a great time!

Your pal — Stevie

• CLASSES BEGIN MARCH 8, 2021! •

100% ONLINE, ON CAMPUS, & ON BASE OPTIONS

Choose from over 100 majors, minors, and concentrations with degree options for:

- Traditional Undergraduate
- Online Adult Undergraduate
- Online Graduate

Classes toward CCAF degree available at SJAFB.

Yellow Ribbon Program



University of
MOUNT OLIVE

For more information visit www.umo.edu



PAID ADVERTISING - NO FEDERAL ENDORSEMENT INTENDED

PRESIDENTS DAY
Bowling Special
\$2⁰⁰ GAME \$2⁰⁰ SHOES
Monday
15 FEB 1 TO 7PM

Penny-a-Pin Bowling

Wednesdays • 5 to 9 p.m. — Pay 1-cent for each pin that falls; bowl over 200, free!

All You Can Bowl

Thursdays • 8 a.m. to 1 p.m., 4.99 • 1 to 5 p.m., 5.99
 • 5 to 9 p.m., 7.59 — Includes bowling and shoes

Phantom Lanes • 919-722-0350

Stay Fit to Fight in the new year with Exchange's BE FIT gear

The Army & Air Force Exchange Service at Seymour Johnson is helping Airmen and the military community achieve fitness resolutions with the gear they need in the new year.

The Seymour Johnson Exchange and ShopMyExchange.com are stocking up on the latest athletic apparel and shoes, fitness trackers and workout equipment—everything needed to live a BE FIT lifestyle.

Name-brand athletic apparel and footwear is being incorporated into shops that look and feel like major sporting goods stores. Essential BE FIT gear offered at the Exchange includes:

- Athletic apparel and footwear
- Digital fitness accessories
- Watches and wearable technology with fitness-tracking capability
- Hydration accessories

“A new year is an opportunity to set new goals and forge a path to meet them,” said Rudy Gallardo, store manager. “The Seymour Johnson Exchange is dedicated to helping every member of the military community lead healthy, active lifestyles as 2021 kicks off.”

The Exchange takes a holistic approach to providing BE FIT options to promote and encourage healthy,

better-for-you options. The initiative highlights health-conscious dining grab-and-go options and provides an assortment of fitness gear and wellness services. More information about how the Exchange can help military shoppers lead a BE FIT lifestyle, including healthy recipes and workout tips, can be found online at publicaffairs-sme.com/Community/befit/.

Veterans with service-connected disabilities can shop in store, and all honorably discharged Veterans who have verified their eligibility to use their lifelong online Exchange benefit can find BE FIT gear at ShopMyExchange.com.

ADJUSTMENTS ONLY \$25

***First Visit - \$40**

Includes:

- Exam
- X-rays (if needed)
- Adjustment

DEMCKO CHIROPRACTIC
 DemockoChiropractic.com

f / Democko Chiropractic

Democko
CHIROPRACTIC

MILITARY DISCOUNTS

**Corrective Exercises • Wellness Care • Back Pain
 Chiropractic Adjustments • Auto Accidents**

WE CAN SEE YOU TODAY!

**Mon - Thur: 8 AM - NOON & 3 - 6 PM
 Fri: 8 AM - NOON • Sat: 10 AM - NOON**

**1802 E Ash St., Goldsboro, NC 27530 • 919.735.2205
 1120 N Breazeale St., Mt Olive, NC 28365 • 919.299.8033**



St. Patrick's Day

RUSH TO THE GOLD FUN RUN

**MARCH
17**
3PM START
**MUSTANG
TAPROOM**

PRIZES FOR
BEST LEPRECHAUN
WACKIEST OUTFIT
BEST MUSTACHE
AFTER PARTY - 4PM
MUSTANG TAPROOM




Rain date
3/19/21

Scan code
to sign up



Fitness Center - 919.722.0420

sjfss.com

 /sjfit

Fitness Challenges

Fitness Center

Overview

The monthly challenges are open to all authorized Fitness Center patrons. There will be different challenges each month and incentives for completion. **Be sure to sign in with Fitness Center staff before attempting any challenge so your progress is tracked.** You may complete as many categories as you'd like; you get three attempts per monthly challenge. A staff member must be present to confirm completion.

February — 5k Calorie Row

- The Calorie Row screen will document a 5k row; 4,800 meters on the machine.
- When complete, take a picture of the screen and show a staff member.
- Participants have three tries to beat their own or another competitor's time. Fastest time will be documented.

Coming up in March ...

Get ready for the One Rep Max Bench. For more information on the Monthly Fitness Challenge, see Fitness staff or call 919-722-0420.

Family First Fitness

Overview

Parents and guardians, get your kids involved and have a blast doing monthly fitness challenges at Family First Fitness.

Sign up at the front desk, and check-in with staff monthly to have your progress logged. Participate in at least 9 out of 12 challenges for a chance to win prizes.

February — Sit-ups

- Feb 1-26: Complete a total of 300 sit-ups as a family.

Coming up in March ... Pushups

Family First Fitness is open Monday-Friday from 8 to 11 a.m. and 3 to 7 p.m. For more information, call 919-722-0413.



Universal Orlando introduces Freedom Passes

This year's special military ticket, a.k.a. the Freedom Pass is similar to the Universal Annual Pass. These passes are mind blowing! Check out these perks:

Offer dates: *There are no Blackout Dates!*

- 2-Park Freedom Pass: valid every day, now through Dec 27, 2021
- 3-Park Freedom Pass: valid every day, between March 1 and Dec 27, 2021

Pass details:

2 Park Freedom Pass – \$197 Adult/\$190 Child – For the whole year!

- The 2-Park, Park-to-Park Military Promotional Pass entitles 1 guest (eligible person) admission to the following Universal Orlando Resort theme parks each day: Universal Studios Florida and Universal's Islands of Adventure.

3 Park Freedom Pass – \$232 Adult/\$225 Child – For the whole year!

- The 3-Park, Park-to-Park Military Promotional Pass entitles 1 guest (eligible person) admission to the following Universal Orlando Resort theme parks each day: Universal Studios Florida, Universal's Islands of Adventure, AND Universal's Volcano Bay Water Theme Park.

Eligibility:

Active Duty or retired U.S. military, National Guard, Reservists, U.S. Coast Guard, eligible service members' spouses, Department of Defense Civilians with valid ID, and 100% Disabled Veterans qualify to purchase these special promotion passes. Eligible guests can purchase up to six tickets; one ticket must be for the eligible person, who must be present at the gate.

Call Outdoor Rec at 919-722-1104 with questions or drop by to get your 2021 Freedom Passes!

Valentine's - Presidents Day Weekend Fun Sign up in the Reception Center

FEB13 1pm Tie-dye Infinity Scarf - \$5
3pm Valentine Painting - \$5
6:30pm Popcorn & a Movie
- Free showing Smallfoot (PG):
Sand Castle Recreation Hall

Fort Fisher
AIR FORCE RECREATION AREA
910.500.6465
sjfss.com/fort-fisher/ f /fortfisher



Summer is coming

BOOK YOUR STAY WITH US



RESERVATION PRIORITY

6 months in advance - Active Duty & SJAFB employees
 4 months in advance - Reservists, National Guard, Retired Military & DoD Civilians
 1 month in advance - All other authorized users
 Old Hickory & Hercules Hall reservations can be made 30 days in advance

Fort Fisher
 AIR FORCE RECREATION AREA

BRING THE PUPS
 Book a climate-controlled kennel.
 Ask about pet-friendly cottages.

910.500.6465
sjfss.com/fort-fisher/  /fortfisher

PUP-CATION RENTALS

We know it can be ruff leaving your pets behind ... now there's a pawstively perfect place for them at "Your Place at the Beach."
Bring them to Fort Fisher with you!




BARK, YEAH!!

\$10 per day

Climate controlled private kennel with doggy door

Access to larger play area — Dog Park with owner



Treat your best friend to some R-fur-R


Packing list for pooches:

- Proof of current Rabies and Bordetella vaccinations REQUIRED at check-in
- Dog food, food and water bowls, leash and collar or harness
- Bedding or blanket for creature comforts, treats and toys

Fort Fisher 118 Riverfront Rd
 AIR FORCE RECREATION AREA Kure Beach, NC 28449

sjfss.com/fort-fisher/

CALL 910.500.6465

 /fortfisher



FORT FISHER RENTAL CENTER

Located in Reception Center, Building 118

- Canoes • Kayaks • Paddleboards
- Surfboards • Boogie Boards • Skim Boards
- Chairs • Umbrellas • Coolers
- Golf Carts • Bicycles • Scooters • Strollers
- Tents • Camping Equipment • Fire Pits
- Surf Rods & Reels • Clam Rakes • Crab Nets
- Cornhole • Disc Golf • Games & More

See website for details

Fort Fisher
 AIR FORCE RECREATION AREA
 910.500.6465

sjfss.com/fort-fisher/  /fortfisher

Virtual Fun with CPPO

Follow the Community Programming and Partnership Office on the **SJAFB Community Center** Facebook page to play.

Kids Cooking Challenge — Feb 1-15

Here's a fun challenge for kids, ages 5 and up, to cook or bake for their family. It can be an entree, side dish or dessert, but the kid must come up with the recipe or idea on their own. Adults may supervise and/or



assist with preparing the recipe to ensure safety. Kids are encouraged to be creative, take their time and use imagination to come up with a fancy presentation of the final dish. Once plated, take a video of someone trying the food and describe it "Chopped" style.

Post video in the comments section of the related post on the Facebook page for a chance to win a gift card.

Carpool Karaoke — Feb 15-26

Take your singing out of the shower and into the car ... belt out your favorite song with family members or a group of friends, Carpool Karaoke style. Be sure to video



your performance and post in the comments of the related post on the Community Center Facebook page. CPPO staff will choose the best video(s) and announce the winner(s) on Feb 28.

MARDI GRAS 4K • FEB 12 • 3PM

Start/finish at the Mustang Taproom
Afterparty 4 to 6pm/Dueling Pianos: Live entertainment
Food trucks/MT Trailer

919.722.0420
sjfss.com f /sjfit f /mustangtaproom

Scan to sign up

Paint YOUR Art OUT

Choice of designs
\$35 Payment due upon registration

LIMITED SPOTS AVAILABLE

MARCH 11
6:30-8:30pm
Eagles Landing
PEGASUS ROOM

Sign up by March 5
Eagles Landing CPPO
919-722-8796

Finished door hangers may vary from samples.

sjfss.com f cposj

OCSC college scholarship

The Seymour Johnson AFB Spouses Club is accepting applications for the annual scholarship campaign. Scholarships are open to both dependent children and spouses of SJAFB affiliated military — high school seniors, current college students and spouses.

Applications can be downloaded from linktr.ee/sjocsc and must be postmarked no later than March 13.

For more information, contact via email to OCSCScholarships@gmail.com online or letter to PO Box 11354, Goldsboro, NC 27532.

Air Force Art Contest

The Air Force Services Center (AFSVC) presents the Air Force Art Contest March 1-31, 2021. Entries are accepted at <https://forcesupport.awardsplatform.com>. Winners are determined by a panel of qualified judges. Judging is based on impact, creativity, and technical expertise. Prizes are awarded to the top three in each of five categories. The contest is designed to recognize and celebrate the art and artistry of Air and Space Force artists and their eligible family members.

Categories:

- **Adult Novice:** Individuals who are new or inexperienced to working in the approved media.
- **Accomplished:** Individuals who have higher levels of art skills obtained through experience, education, training or who operate as professional artists.
- **Youth:** Art entries must be accomplished by the youth participant.
 - Youth Teen: Ages 13 to 17
 - Youth Pre-Teen: Ages 9 to 12
 - Youth Child: Ages 6 to 8



Prizes will be awarded to the top three winners in each category.

- 1st Place: \$500 Amazon Gift card
- 2nd Place: \$400 Amazon Gift Card
- 3rd Place: \$300 Amazon Gift Card

Artists may submit up to two, digital photographs of their two-dimensional (2D) painting or drawing, in one category, for judging. The subject of the artwork is at the discretion of the artist but must be in compliance with the Official Rules of the contest. Accepted art media include: oil, watercolor, acrylic, pastel, mixed-media, gouache, egg tempera, pen and ink, graphite, charcoal, colored pencils, scratch board, markers and metalpoint.

Entries are accepted at <https://forcesupport.awardsplatform.com>, beginning at 12 a.m. March 1, 2021 Central Standard Time (CST) and ending at 11:59 p.m. CST, March 31, 2021. It is the sole responsibility of the submitting artist to meet the deadline. Submissions will not be accepted by any other method.

Where's Stevie?

Look for Stevie, our Mascot, throughout the pages of this issue. **Find 5 images** for one entry **or find all 9** for two entries in our monthly random drawing for \$25 by emailing the page numbers and locations of Stevie to the following:

4fss.marketing@us.af.mil

MICHAEL RHUDY is our latest winner. Call us at 919-722-8532 to claim your prize. Follow the 4th Force Support Squadron for more contests and prizes!



Here's your first Stevie. All Stevie images count! Some are hidden. Good luck!



Free Movie Nights

Friday • Feb 5 • 6 p.m.

Red Tails — PG-13

Saturday • Feb 6 • 7 p.m.

The Croods: A New Age — PG

Friday • Feb 12 • 6 p.m.

Freaky — R

Saturday • Feb 13 • 7 p.m.

Shrek — PG

Friday • Feb 19 • 6 p.m.

Tenet — PG-13

Saturday • Feb 20 • 7 p.m.

Teenage Mutant Ninja Turtles — PG

Friday • Feb 26 • 6 p.m.

12 Years a Slave — R

Saturday • Feb 27 • 7 p.m.

Shrek 2 — PG

- Schedule subject to change without notice
- Limited seating, RSVP online via links provided on www.sjfss.com/events/
- Masks are required in the Sabre Cinema

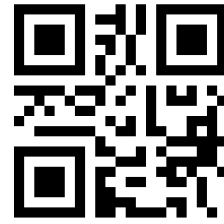
WEDNESDAY WINE PAIRING

Weekly wine pairing videos:
Feb 3 and Feb 10
Wednesdays at 6pm on Facebook

Follow us for more details

sjfss.com
f /cpposj
f /mustangtaproom

JOIN US ON
UNTAPPD



FRIDAY NIGHT FLIGHTS
CHOICE OF FOUR 50Z POURS

DOORS OPEN @ 3

sjfss.com f /mustangtaproom

•FUNFORALL•
FREE admission
LIVE entertainment
Kids activities

•PARADEENTRYDEADLINE•
Squadrons/Units/Base Orgs
Sign up by Feb 10 • 722-8796
PRIZE for BEST FLOAT

•MASKQUERADE•
PRIZE for BEST OVERALL MASK

FEB 12
4 TO 6PM

EAGLES LANDING
PARKING LOT

Mardi Gras

•PARADE FLOAT COMPETITION •BLAZIN' KEYS DUELING PIANOS •FOOD FEST•
Food & beverages available for purchase/Food trucks/Beer trailer

FIRST COMMAND sjfss.com f cpposj **SMITH DOUGLAS HOMES**
QUALITY | INTEGRITY | VALUE

No federal endorsement of sponsors intended.

WINGMEN WEDNESDAY

FEB 17

FREE WINGS*
1ST & 3RD WEDNESDAYS
*FIRST 30 CUSTOMERS

4 TO 7PM
WINGS & DRINK SPECIALS

MUSTANG TAPROOM **722.4914**
f /mustangtaproom @4thfunsquad sjfss.com

FIRST COMMAND
NO FEDERAL ENDORSEMENT OF SPONSOR INTENDED

Nighttime Bingo

Feb 3 & 17 • 5 p.m. card sales, 6 p.m. start time
Eagles Landing - Pegasus Room

Nighttime Bingo is played on the 1st & 3rd Wednesdays, limited seating. Call 919-722-8684 or stop by the Community Programming and Partnership Office to reserve your spot. There is a 2-book minimum, \$10 to play (no splitting between players). Additional books are \$4 each and Early Bird cards cost \$2 each. Ages 18+

Tap Tabs Bingo

Wednesdays & Fridays • 3 p.m. until
Mustang Taproom

\$1 per play, cash payouts and monthly second chance drawings. Ages 18+

Triple T Bingo

Thursdays • 3 p.m. until
Mustang Taproom

Get 30 Tap Tabs for \$25. You have to play to win! Ages 18+

Daily Quick Pick Bingo

Phantom Lanes

\$1 per play, cash payouts and monthly second chance drawings. Ages 18+



SEYMOUR JOHNSON AIR FORCE BASE
SPOUSES' CLUB PRESENTS
7TH ANNUAL SCHOLARSHIP AUCTION

ALL THAT JAZZ

VIRTUAL EVENT - MARCH 20 | 6:00 - 9:00 PM
REGISTRATION REQUIRED
OCSCAUCTION2021.GIVEMART.COM

SJOCSC is a nonprofit organization and it is not part of the Department of Defense or any of its components and it has no governmental status.



03.17 MUSTANG TAPROOM 4-6PM

SAINT PATRICK'S PARTY

MUSIC-THEMED DRINKS-CONTESTS

919.722.8796

sjfss.com
f /mustangtaproom

World Bartender Day

Feb 24 is a day to appreciate your local bar staff and celebrate their creative flair, their passion towards hospitality and willingness to serve. Come on out to the Mustang Taproom and raise a glass to some of your favorite mixologists.

Bartending is among the oldest professions and one that takes skill. Aside from fixing your drink the way you like and in a timely manner, bartenders also act as a smiling face and part-time therapist of sorts. They make excellent listeners.

Bartenders work hard to meet their customers' needs and make them happy. Be sure to thank your server for all the work they do. Gratuity is always appreciated.

If you can't make it out Feb 24, take a "rain check" for another day, but give a shout-out/leave a review on www.facebook.com/mustangtaproom.

Offering Active Duty & Retired Military Discounts



Home is Where the Heart is



You put a lot of love into making a house your home, we would love to be part of that story. Attorney Jordan Mackey can help you with your home sale or purchase and he handles all transactions right here in our Goldsboro office!

Goldsboro
139B N. Center Street
Goldsboro, NC 27530

Schedule your closing today
by emailing us at
goldsboro@mwhlaw.lawyer

919-772-7000

www.mwhlaw.lawyer

New year, new budget? Exchange delivers everyday savings

As Seymour Johnson Airmen, retirees, Veterans and military families plan their new year budgets, the Army & Air Force Exchange Service is dedicated to helping heroes save.

At Seymour Johnson Exchange stores and at ShopMyExchange.com, the military community receives tax-free shopping and military-exclusive pricing—benefits that make a difference every day.

“Many of our shoppers have budgets they are trying to stick to, especially after the challenges of 2020,” said store manager Rudy Gallardo. “Shopping the Seymour Johnson Exchange can help our Airmen, retirees, Veterans and families find everyday savings on the items they need.”

Exchange-exclusive brands for the brave offer shoppers the same quality and selection of national brands at a lower cost. The base community can find savings of 20 to 50% over name-brand items in clothing, kitchenware, home goods, health and beauty, elec-

tronic accessories and snacks.

The MILITARY STAR® card provides ways to help shoppers stick to their budgets, including:

- 5 cents off every gallon fuel at Exchange fuel locations
- Free shipping on ShopMyExchange.com and myNavyExchange.com
- 2% rewards points on purchases; shoppers receive a \$20 rewards card every 2,000 points
- 0% interest military clothing plan

MILITARY STAR offers budgeting tools such as the Pay Your Way Plans, which offer fixed monthly payments at reduced interest. A reduced-interest policy is also available for all eligible deployed service members. The card never charges any annual, late or over-limit fees and offers the same low APR for all cardholders. New cardholders receive 10% off their first-day purchases, and the card is accepted at all military exchanges and commissaries.

Online shoppers, including all hon-

orably discharged Veterans who have confirmed their eligibility to tax-free shop on ShopMyExchange.com, receive the same military-exclusive prices found in stores. All online orders of \$49 or more receive free shipping.

When shoppers purchase from the Seymour Johnson Exchange, they're not just saving—they're giving. 100% of Exchange earnings are reinvested in the military community, including through financial support of quality-of-life programs such as Child, Youth and School Services; Armed Forces Recreation Centers; and more. In the last 10 years, Exchange shoppers worldwide have generated \$2.2 billion for these programs.

Besides savings, the Exchange brings peace of mind as well. The Seymour Johnson Exchange delivers safe, sanitized, secure shopping during the COVID-19 pandemic. Shoppers can use the Exchange's buy online, pick up in store service or curbside pickup for minimal contact or contactless options.



Share the love

When you donate to and shop at the Habitat ReStore, you give families opportunities for better futures.

FREE DONATION PICKUP

On and off base; call for details.

Proceeds support Habitat for Humanity of Goldsboro-Wayne

ReStore
Habitat for Humanity of Goldsboro-Wayne

DONATE & SHOP | Wed - Fri • 10am to 6pm
Sat • 10am to 4pm

[f/HabitatGoldsboroWayneReStore](https://www.facebook.com/HabitatGoldsboroWayneReStore)

124 E Mulberry St • 919.736.9550 • email: restore@habitatgoldsboro.org

National Random Acts of Kindness Day

Feb 17 • Make a note to do nice things throughout the day. Here are some ideas to get you started:

- ADOPT A GRANDPARENT - check with local nursing homes for ways to bring cheer to residents
- CAN DO SPIRIT - Bring in your neighbors' cans and bins from the roadside if they are empty
- CHALK IT UP - Write inspirational messages on your sidewalk or driveway
- FEED FRIENDS - Order takeout and deliver dinner to a friend
- GOODNESS GROWS - Surprise someone with a packet of seeds or a houseplant
- HOLD UP - Hold the door for someone or let someone go ahead of you in line
- PICK IT UP - Help put litter in its place
- REACH OUT - Text a friend or write a note to tell them how much they mean to you
- ROCK ON - Paint kindness rocks and hide them around the base for others to find
- SHARE THE LOVE - Like or share posts from your favorite 4 FSS activities on social media
- WRITE AWAY - Send letters or postcards to friends, family or deployed members

Airman & Family Readiness Center Programs • 919-722-1123

Please call to register for classes.

—EMPLOYMENT

Spouses Virtual Job Search Workshop

Feb 2 • 11:30 a.m. to 12:45 p.m. (online)

Spouses Virtual Interview Skills Workshop

Feb 16 • 11:30 a.m. to 12:45 p.m. (online)

Federal Resume Workshop

Feb 19 • 1 to 2:30 p.m.

Spouses Mock Virtual Interviews

Feb 23 • 11:30 a.m. to 12:45 p.m. (online)

—PERSONAL FINANCIAL READINESS

Moving Off Base 101

By appointment at the A&FRC

Please call for information and registration.

Tax Preparation

Choice of Feb 4 • 9 to 10 a.m. or

Feb 18 • 1 to 2 p.m.

Education Center, Room 224

—RELOCATION

ABCs of PCSing

Feb 12 • 9 a.m. to 1 p.m.

Connect 4

Newcomers Orientation

Feb 16 • 7:30 a.m. to 12 p.m.


Eagles Landing

—CASUALTY ASSISTANCE

Important reminders

All personnel are reminded to continually review their Record of Emergency Data (RED) for accuracy. The RED is the primary document the Air Force uses to contact next-of kin.

The Service member's Group Life Insurance (SGLI) is another document that should be reviewed for currency. The RED and SGLI are both on-line. If you have any questions, please contact the Casualty Assistance Representative at 919-722-7192.



You're invited to this fun-filled, fast paced program providing valuable tools to be a successful military spouse — Learn while playing games, enjoy light refreshments, door prizes, a base tour; make a new friend or two and receive a commemorative Heart Link coin.

Feb 9 9am—1pm
Eagles Landing
- Pegasus Room

RSVP by Feb 5
A&FRC: 919.722.1123



SETTLER'S POINTE

Priced from the high \$100's

300 Settler's Pointe Drive | Pikeville, NC 27863 | 919-675-0142

Located just minutes from Downtown Goldsboro & Seymour Johnson Air Force Base, Settler's Pointe offers unbeatable new home value. Whether you need to move quickly or prefer to build from scratch, we have the perfect home for you.

- 3-4 bedroom, ranch-style plans with convenient layouts
- Large homesites
- Energy-efficient homes with power usage as low as \$18/month*

For your service, Hometown Heroes receive \$1,500 towards a new home purchase.**

At Smith Douglas Homes, affordability doesn't mean sacrifice— it means rich architecture, open floorplans, quality construction, and unbeatable choices.

Use promo code **SeymourExploreMore** for an additional **\$1,000** towards option upgrades.**

QUALITY | INTEGRITY | VALUE

www.smithdouglas.com



*The utility bill estimate is based on heating and cooling only. Does not include appliances or additional energy costs. **Paid Ad. No federal endorsement of advertiser is intended. The \$1,500 Hometown Hero credit and \$1,000 promotion is valid on option upgrades. Offer only valid when "Promo Code" from the Seymour Explore More magazine advertisement is mentioned to onsite New Home Specialist. Must be presented at the time of contract. Cannot be combined with any other offers. Must comply with all terms including the financing, purchasing, and closing of homes with a Smith Douglas Homes preferred lending partner, use of Highland Title, and closing attorney, Moore & Alphin, PA. All information is believed to be correct but is not guaranteed or warranted and subject to change without notice. Smith Douglas Homes® 10/1/20 161711 SD RAL SEP_3

Climb.Go.Putt
at the Golfin' Dolphin, Cape Carteret

March 13
8:15am to 2pm
Sign up by March 9
at Outdoor Rec

SKY TRAIL GO-KARTS MINI GOLF REC-ON

\$10 per person includes transportation + admission
sjfss.com f /4fssodr 919.722.1104

Family Child Care Provider Orientation

Feb 23-26 • 9 a.m. to 4 p.m.

Are you interested in becoming a Family Child Care Provider and working from home? A free orientation training class will be held at the FCC office in the education center, room 101. You must apply at least one week in advance. Call 919-722-7194.

Minimum requirements:

- Age 18+ with military affiliation and base access
- Ability to read, write and speak English
- High school diploma or equivalent
- Physically capable of providing child care
- Complete orientation training
- Able to obtain own liability insurance
- Satisfactorily complete installation, state and federal background checks

Join us in making a difference in the lives of our children and families. If you cannot attend this month's orientation, give us a call to find out when the next orientation training will be held.

Family Child Care Q&A: Potential providers learn what it takes to become a provider

March 24 • 6 to 7 p.m. • FCC Office in the Watkins-Das Learning Center

Current FCC providers and Coordinators are hosting a Q&A in the Family Child Care Office for anyone interested in becoming a FCC Provider. Get the inside scoop from those who know. Come learn how FCC can provide you with a sustainable career working from home.

Applications will be available at the event or you may download in advance on www.sjfss.com/family-child-care/. Registration required by the Monday prior to the event. Call 919-722-7194.

Home Alone Course

Feb 19 • 4 to 5 p.m.

Youth Center

This 4-H program is offered on the third Friday of each month. The objective is to equip youth, ages 8-14, with self-care tools to keep them safe.

Topics will include what to do upon arriving home, answering the door, identifying emergencies, how to call for help, etc.

There is no charge to class participants. To pre-register for this or any upcoming Home Alone class, please call the Youth Center at 919-722-0502.

Library services

Walk-in service is available at the Library. The hours of operation are Monday through Thursday from 10 a.m. to 8 p.m., Friday, 10 a.m. to 6 p.m. and Saturday from 10 a.m. to 5 p.m. except on holidays or when otherwise posted.

Patrons are welcome to drop by and check out books or use our "no contact curbside borrowing" service. You may request specific titles or general themes, up to five adult or 10 children's titles per person.

To make a request, call 919-722-5825 or e-mail us at libraryweb@us.af.mil

Story Times with Mrs. Lorna

Tuesdays & Thursdays • 11 a.m.
Seymour Johnson AFB Library

Tuesday's story can be viewed on Facebook live. Follow us on Facebook @sjafb.library

Early Learning Matters

A new curriculum from the Department of Defense, developed for military children

Helping military children thrive

The Early Learning Matters curriculum, or ELM, was developed for use in Department of Defense child development centers. It's designed to give our military children a strong foundation in school and life.



The curriculum offers developmentally appropriate activities for different age groups and individual children. Here's a sample of what children will learn:

Infants-Toddlers

Birth-12 months, 12-24 months, 24-36 months

Cognitive

- Exploring objects with different senses
- Understanding similarities and differences

Communication/Language

- Communicating back and forth
- Exploring pictures, sounds and printed words in books

Physical/Health

- Supporting movements like crawling, sitting and standing
- Improving coordination and motor skills

Self-Regulation

- Self-calming after periods of activity

- Paying attention to an object or person
- Practicing focusing and problem solving

Social-Emotional

- Practicing verbal and nonverbal interactions
- Becoming aware of specific feelings like happy and sad

Preschoolers

3-5 years old

Creative Expression

- Using different tools to create art
- Creating dance through movement

Language/Literacy

- Learning each letter's name, sound and written form
- Understanding information from a book

Mathematics

- Counting and creating groups
- Distinguishing between basic shapes

Physical/Health

- Practicing different movements like gallops, twists and jumps
- Learning about healthy foods

Science

- Understanding the needs of living things
- Exploring animal habitats

Self-Regulation

- Practicing skills like waiting patiently
- Following requests by looking and listening

Social-Emotional

- Considering safety and fairness
- Understanding emotions and feelings
- Learning ways to get along with others

Social Studies

- Exploring how people are the

same and different

- Sharing things from different cultures

A commitment to excellence

The ELM curriculum is grounded in research —

- Developed in collaboration with early childhood experts at Purdue University
- Refined by extensive pilot testing in DoD CDCs
- Aligned with accreditation standards from the National Association for the Education of Young Children

A strong start for military kids

The ELM curriculum is one more way the DoD and the Office of Children, Youth and Families are serving our military. This new curriculum being introduced in CDCs —

- Includes 50 weeks of plans and activities
- Promotes skills linked to school readiness, well-being and success
- Combines staff-guided and child-initiated learning experiences

Learn more about ELM, call your CDC at 919-722-1198, or go online to www.virtualschool.org/elm-curriculum

Military Onesource is your 24/7 connection to information and support. Find help paying for child care, support during deployment, parenting tips and more. Connect to Military OneSource anytime to connect to your family's best MilLife.

Visit www.MilitaryOneSource.mil or call 800-342-9647.

Southern Eagle DINING FACILITY

OUR COMMITMENT

We are committed to making every day a better day for our military and base personnel, family and visitors.



usafding-SeymourJohnson.catertrax.com



NATIONAL
EAT ICE CREAM FOR
BREAKFAST
DAY

FEB 6

GET A
SCOOP OF
ICE CREAM FOR
\$1.00

PHANTOM
LANES



722.0349
WWW.SJFSS.COM

NATIONAL
PIZZA
DAY

FEB 9

CHEESE PIZZA
\$10.50
PEPPERONI PIZZA
\$12.00
SAUSAGE PIZZA
\$12.00



722.0349
WWW.SJFSS.COM

PHANTOM
LANES



Outdoor Recreation Adventure Park

COMPASS CAFE

1385 S. Andrews St • 919.722.0394

OPEN FOR BREAKFAST & LUNCH
MONDAY - FRIDAY • 6:30 A.M. to 1:00 P.M.

Follow us on Facebook
Download menu www.sjfss.com/compass-cafe/



Seymour Joe's
PREMIUM BLEND
BEST COFFEE

NEW MENU ITEMS
AND EXTENDED HOURS
TO BETTER SERVE YOU!

NOW OPEN MONDAY - FRIDAY
5:30AM TO NOON

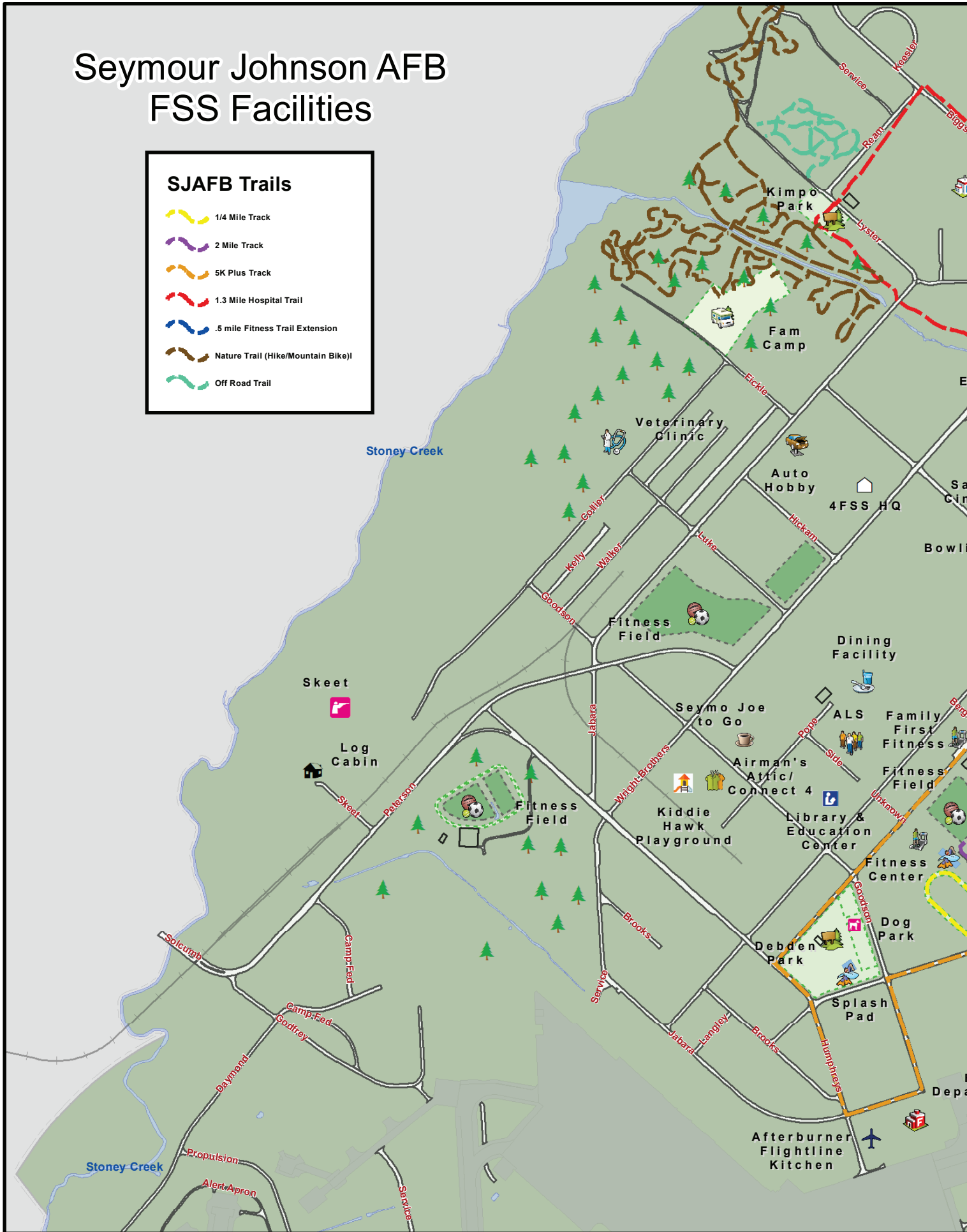
GOODSON STREET ACROSS FROM CONNECT 4

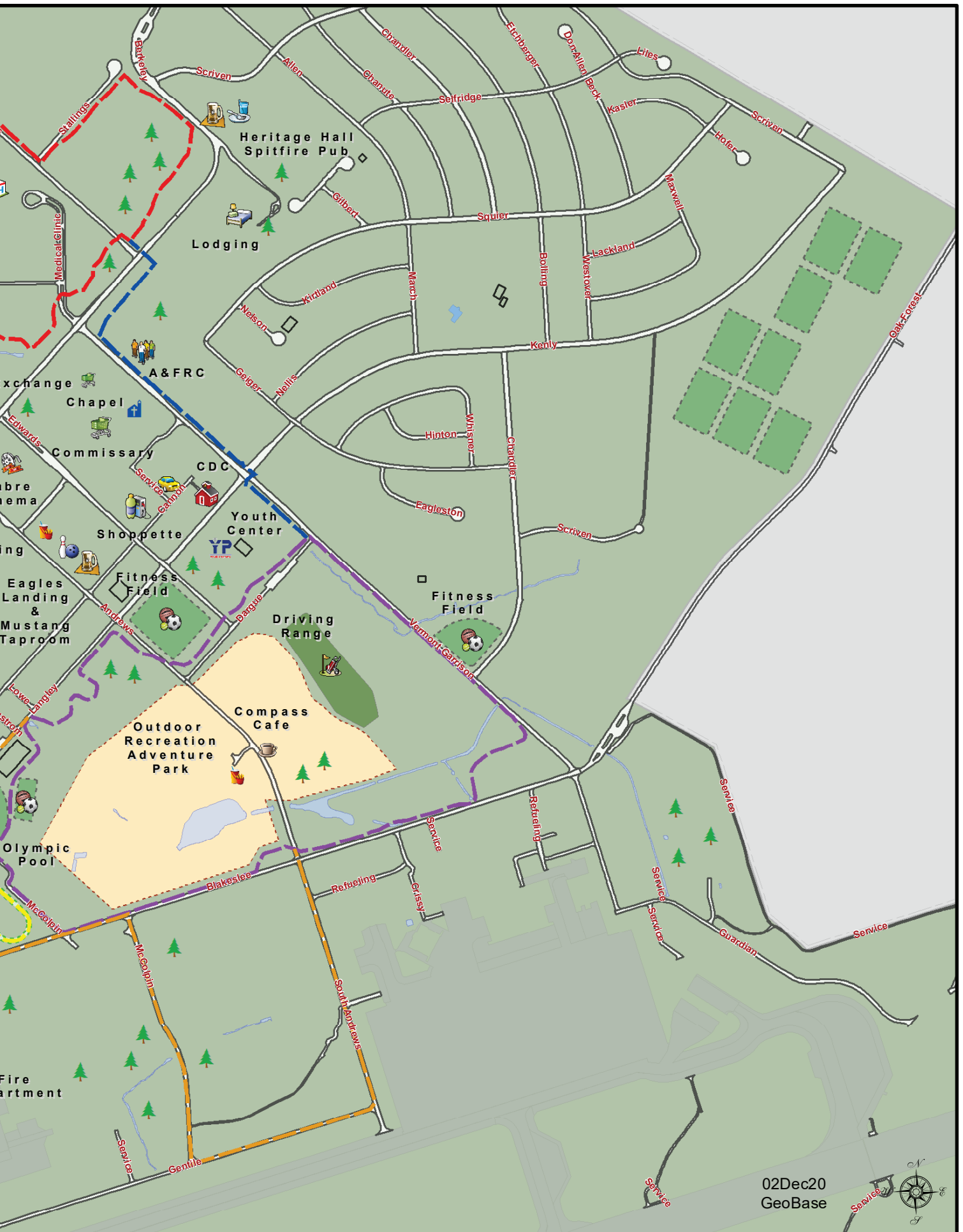
sjfss.com
/seymourjoes

Seymour Johnson AFB FSS Facilities

SJAFB Trails

-  1/4 Mile Track
-  2 Mile Track
-  5K Plus Track
-  1.3 Mile Hospital Trail
-  .5 mile Fitness Trail Extension
-  Nature Trail (Hike/Mountain Bike)
-  Off Road Trail





MARCH FORTH TO 4FSS

on March 4th

OPEN HOUSE & TRAVEL SHOW

March 4 • 11am-2pm • Eagles Landing

Showcasing all that FSS has to offer along with local places to travel!

- Food Trucks
- Meet Stevie the Squirrel
- Prize Giveaways

Free
to attend!

722-8796
for more info



You could Win

\$400

CASH

Stay tuned to learn
how you could win!



No Federal Endorsement of Sponsors Intended